

Understanding Stroke

What you know about stroke could save a life.

A leader in stroke care

OhioHealth treats more stroke patients than any other hospital system in central Ohio. Our experts are among the first to adopt and perfect breakthrough treatments for stroke patients, and through our OhioHealth Stroke Network, we virtually provide advanced stroke expertise to community hospitals.

OhioHealth Riverside Methodist Hospital was the first hospital in Ohio to be certified by The Joint Commission as a Comprehensive Stroke Center for infrastructure, staff and training to receive and treat patients with the most complex strokes. OhioHealth Doctors Hospital, OhioHealth Grant Medical Center, OhioHealth Mansfield Hospital and OhioHealth Marion General Hospital are also certified Primary Stroke Centers for best practices in stroke care.

Risk factors that cannot be changed

Age	The chance of having a stroke nearly doubles for each decade of life after age 55.
Gender	Stroke is more common in men than women.
Ethnicity and heredity	African Americans and those with family members who have suffered a stroke are at higher risk.
Prior stroke or transient ischemic attack	The risk of stroke increases greatly for someone who has already had a stroke or transient ischemic attack.

A stroke can alter a life in an instant. But when you know what to look for and what to ask, you can react faster and increase the chances of avoiding severe brain damage and long-term disability.

Risk factors that you can manage

High blood pressure (hypertension)	Strive for a blood pressure of 120/80 or lower.
High cholesterol	Too much cholesterol in the blood can lead to a stroke.
Tobacco use	Prolonged tobacco use can contribute to stroke. If you smoke, quit.
Alcohol	Limit your daily alcohol consumption to two drinks or fewer for men and one drink or fewer for women.
Obstructive sleep apnea	This condition can lead to more serious problems, such as high blood pressure, heart attack and stroke.
High blood sugar	High blood sugar is known to increase your risk of stroke.
Carotid or other artery disease	Artery blockage can be caused by fatty deposits, plaque buildup or a blood clot, and can lead to stroke.
Atrial fibrillation	This irregular heart rhythm can cause your blood to pool and clot, resulting in a stroke.
Sickle cell disease	Most people with sickle cell disease are of African or Hispanic ancestry.
Physical inactivity and obesity	This increases your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. Aim to get at least 150 minutes of moderate exercise each week.

Think

“BE FAST”

B



Loss of **BALANCE** or coordination.

E



Trouble seeing out of one or both **EYES**.

F



FACIAL weakness.

A



ARM weakness.

S



SPEECH difficulty.

T



TIME to call 911.

Learn more at OhioHealth.com/Stroke

 **OhioHealth**